PRIMO PASTA
MIXED VEGETABLE FUSILLI EASY TO ASSEMBLE {page 10}

HIGH NOTE
STARS EMERGE FOR JUNO AWARDS SCENE {page 7}

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Monday, March 28, 2011
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News worth sharing.

ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper waves as he makes a campaign stop in Burnaby yesterday.

Duelling campaigns roll into province

Both Stephen Harper and Jack Layton make stops in Lower Mainland yesterday Layton zeroes in on Conservatives, tries to harness HST rage

MATT KIELTYKA
@METRONEWS.CA

The federal election whirlwind touched down in the Lower Mainland yesterday, with both Prime Minister Stephen Harper and New Democrat Jack Layton vying for the votes of British Columbians.

The Conservative minority government was brought down in a vote of no confidence Friday, and the two leaders wasted no time boarding a plane and heading west to wage war.

British Columbia has several swing ridings on the line in the May 2 election, a point Layton was quick to jump on.

"New Democrats were first or second to the Conservative in two-thirds of B.C. ridings (in 2008)," Layton said during a stop in Surrey. "And that was before every single Conservative MP voted yes to the HST."

Layton urged dissatisfied voters from all political walks of life to vote for his party, just to defeat Harper "once and for all."

The two-term prime minister, meanwhile, received a rock-star reception when he joined local Conservative candidates at Burnaby's National Nikkei Museum for a rally.

Chants of "Harper! Harper!" rang out as he talked about ushering the country into a new era.

"If we can stay on track, I'm telling you another good century awaits our country."

Harper stressed the need to keep taxes low, block out a possible coalition government and remain focused on the economy.

"Canada needs a strong, stable majority Conservative government," he repeated several times.

Canucks make history with win

Vancouver tops Columbus to reach 50 wins for first time {page 14}

Girl stable after shooting

Suspect dies following incident in Surrey {page 3}

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Man to face murder charges

A stabbing in the Metrotown area of Burnaby on Saturday night has left one man dead and one man in police custody. Zsolt Csikos, a 43-year-old Burnaby man was stabbed in the back near the 6500 block of Burlington Avenue. He died from his injuries in hospital. A 19-year-old Burnaby man is expected to make his first court appearance March 28. MEAGAN GILL

COURTESY OF NDP

▶ The NDP's 'Christy Crunch' ad.

B.C. NDP releases 'Christy Crunch' ad

The B.C. New Democrats say they've had enough of the taste of Christy Clark and they want something new.

The party released a mock breakfast cereal ad today that they say shows how Premier Christy Clark is just a repackaged version of Gordon Campbell.

Dawn Black, NDP MLA for New Westminster, said the 'Christy Crunch' ad is a humorous way of delivering a serious message to remind British Columbians that Clark may say she's changed but she was part of a government that brought in "mean-spirited" policies that affected children, seniors and families. PHYLICIA TORREVILLAS

Earth. Hour

▶ A couple eats dinner while taking in the view of downtown from southeast False Creek during Earth Hour on Saturday.

DARRYL DYCK/THE CANADIAN PRESS

Pitt Meadows tops Earth Hour energy savings

British Columbians saved 117 megawatt hours of electricity by turning off their lights for Earth Hour, reducing energy consumption by 1.8 per cent — up from the 64-megawatt hours or 1.04 per cent saved last year. Pitt Meadows was named the community with the highest reduction in consumption, at 5.7 per cent. Vancouver and Surrey, B.C.'s biggest cities, posted a 1.5 per cent reduction.

Surrey girl stable after shooting

13-year-old fled home and walked two blocks ◐ Man believed to be the shooter dies after being found inside house fire, say police

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

A 13-year-old girl is in stable condition after she was shot in the back, while the man believed to have shot her is dead following a tragic incident in Surrey.

Police said Anna Nguyen was found near Woodland Park Elementary school in the 9000 block of 158th Street around 11:30 a.m. on Friday.

In an interview with CTV News, Nguyen said she was home alone when a man entered the house, pulled out a gun and shot her.

The man went to her mom's room, so Nguyen was able to grab her phone and run through the back door, she added.

Nguyen, who spoke from her hospital bed, said she was shocked by what happened because the man was a friend of her parents, — which is why she let him in.

Nguyen was airlifted to hospital with non-life-threatening injuries.

As police attended to the girl, they were called to a fire at the house, just two blocks away.

Police discovered an injured man in his 30s with a gun inside the home. The man was also taken to hospital via air ambulance but died due to his injuries. An autopsy has been ordered to determine the cause of his death.

RCMP spokesman Sgt. Peter Thiessen said the emergency response team entered the house against the advice of the Surrey fire department.

"The ERT officers showed no hesitation," said Thiessen in a statement. "The ERT found the suspect with minimal signs of life, and started providing first aid and CPR."

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A court decision changes how immigration officials handle 'poison pen' letters. Guidy Mamann has more at metronews.ca/immigration

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SCANLIFE

Greens ride anti-nuclear energy wave to historic victory in German elections. Scan code for story.

Duceppe bares teeth in rebuke of Harper

Election 2011

Stephen Harper appears determined to campaign against the notion of a coalition threat that his Liberal opponent has explicitly ruled out.

But the Conservative prime minister is getting a rough ride from Bloc Québécois Leader Gilles Duceppe, who says Harper is rewriting his own history on the issue.

"He wants this entire campaign to rest on a lie," Duceppe said yesterday morning during a fiery, televised rant in Montreal.

The prime minister opened the first full day of election campaigning in the Toronto suburb of Brampton, lauding a laundry list of Conservative budget goodies he said were rejected by his political opponents last week.

The Conservative minority fell on an unprecedented contempt-of- Parliament vote of non-confidence, setting the stage for a May 2 federal vote — the fourth in seven years.

His speech to Conservative partisans in a Liberal-held riding cited numerous budget measures he said were denied to voters by the opposition parties — a "coalition" in Harper's oft-repeated refrain.

Spring voting

Key dates for Canada's 41st federal election:

- **March 26:** Governor General dissolved Parliament.
- **April 11:** Deadline for nominations in 308 ridings.
- **April 22, 23, 25:** Advance voting days.
- **May 2:** Voting day, following a 36-day campaign.

PAUL CHIASSON/THE CANADIAN PRESS

▶ Bloc Québécois Leader Gilles Duceppe reads a letter written in 2004 and signed by Conservative Leader Stephen Harper, NDP Leader Jack Layton and himself, asking to form a coalition, yesterday in Bois-des-Filion, Que.

A day earlier, Liberal Leader Michael Ignatieff had ruled out forming a coalition government and insisted that the party winning the most seats gets the chance to form government.

But the Conservatives nonetheless are using the prospect of a united opposition overthrow to make a pitch for a majority of seats in the House of Commons.

THE CANADIAN PRESS

Big aftershock latest of Japan's ongoing troubles

Highly radioactive iodine seeping from Japan's damaged nuclear complex may be making its way into seawater farther north of the plant than previously thought, officials said early this morning, adding to radiation concerns.

Mounting problems, including badly miscalculated radiation figures and no place to store dangerously contaminated water, have stymied emergency workers struggling to cool down the overheating plant and avert a disaster.

The coastal Fukushima Dai-ichi power plant, located 220 kilometres northeast of Tokyo, has been leaking radiation since a magnitude-9.0 quake on March 11 triggered a tsunami that engulfed the complex.

Workers have resumed the laborious yet urgent task of pumping out the hundreds of tons of radioactive water inside several buildings at the six-unit plant. The water must be removed and safely stored before work can continue to power up the plant's cooling system, nuclear safety officials said.

Meanwhile, a strong earthquake shook the region and prompted a brief tsunami alert early this morning, local time, adding to the sense of unease across Japan. The quake off the battered Miyagi prefecture coast in the northeast measured magnitude-6.5, the Japan Meteorological Agency said.

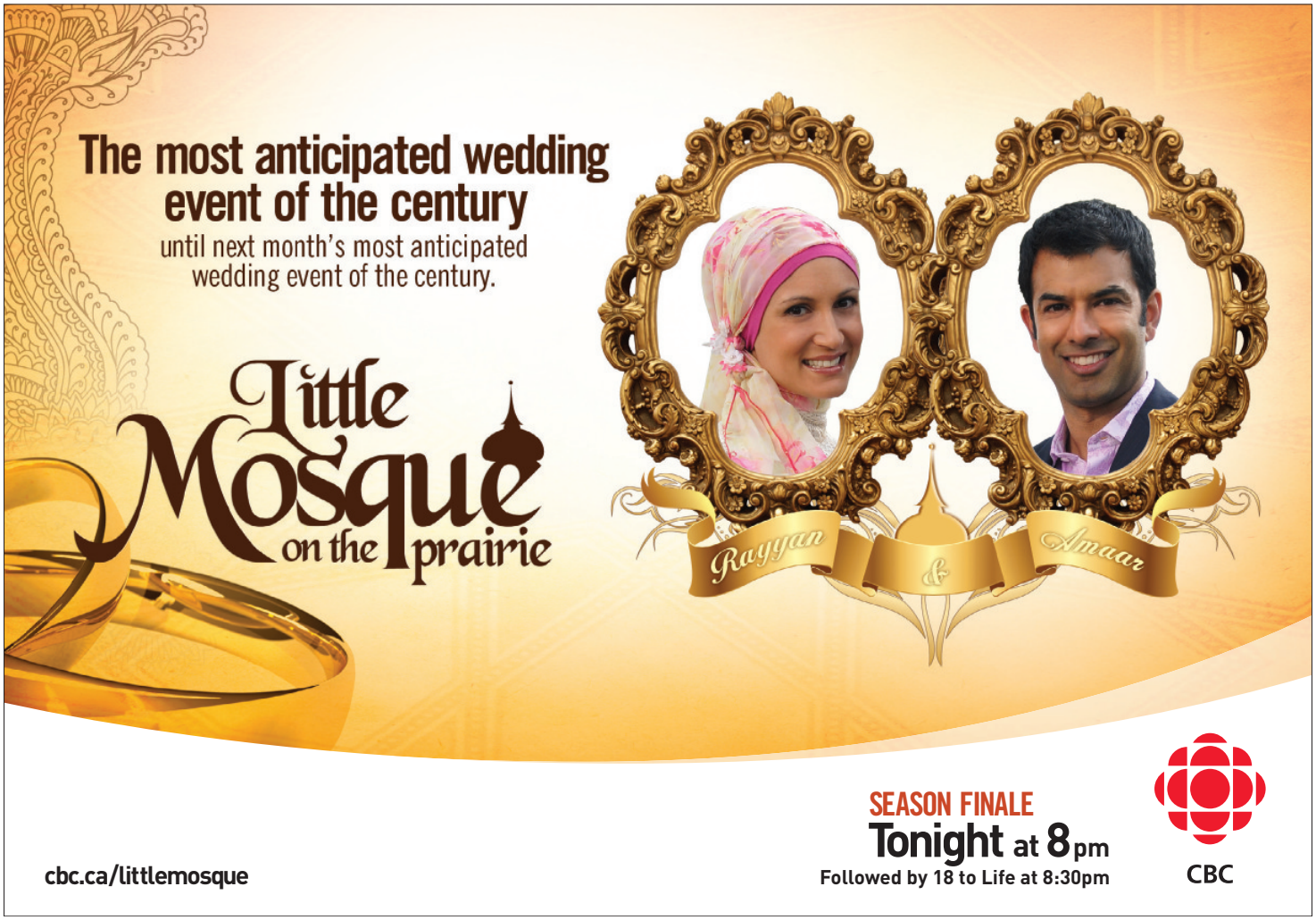
THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 10.02 (14,039.39)	– 0.58¢ ($101.86 US)	– 20¢ US ($105.40 US)	$4.285 US (+ 4.1¢ US)

Gold contracts $1,426.20 US (– $8.70 US)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DEMOCRATIC OVERLOAD ON THE TICKET

Urban Compass

PAUL SULLIVAN

In case you haven't heard, there's a federal election coming May 2, the fourth in seven years.

Don't confuse that with the HST referendum, which is June 24. And don't confuse that with the NDP leadership vote, which is April 17.

Don't forget freshly minted premier Christy Clark needs to hold a byelection to get herself elected to the B.C. legislature.

Then, presumably, she will call a provincial election. So, by the end of 2011, we will have exercised our democratic franchise so often we will have the political equivalent of awesome abs.

Or else we will be completely exhausted.

We have already had the first scandal, and that was before this thing was even officially declared. Not sure who ran the background check on Delta-Richmond East Conservative candidate Dale Saip, but that person needs remedial research classes.

It turns out Saip has filed for bankruptcy and a creditor proposal. I can't imagine what he was thinking. "Oh, I'll just throw my hat in the ring. So what if I come with baggage? Everybody comes with baggage."

"Can't they find a solvent candidate in Delta-Richmond East? But that's like looking for an honest politician."

And just to make his point, his replacement, Kerry-Lynne Findlay, has also declared bankruptcy. Nevertheless, he's out; she's in. After all, she was only bankrupt once, which is better.

You may ask: Can't they find a solvent candidate in Delta-Richmond East? But that's like looking for an honest politician. Really.

Meanwhile, we can count on the boys from Ottawa to rediscover Vancouver in a big way. There are about a dozen seats up for grabs in B.C., and that could mean the difference between a majority government and another minority. When Parliament dissolved, Stephen Harper was 12 seats short of a majority and, some would argue, several sandwiches short of a picnic. I mean, who would spend $30 billion on a bunch of fighter jets when we can't pay for health care, education or operate without a deficit?

No wonder they can't find any candidates who can manage their money. It starts at the top.

Not that the others are any better.

The only one who seems halfway honest is Gilles Duceppe and he is dedicated to the downfall of the nation. Don't expect to see much of him here in Vancouver — has he ever been west of the Peace Tower?

Anyway, I should be ashamed of myself. When people are literally dying to vote in Libya or Yemen, the last thing we should be doing is whining about going to the polls in B.C.

Although I do wonder: Do you think they know what they're in for?

Cartoon

MICHAEL DE ADDER

No reason to get rattled

Worth mentioning

A world away

MRTV/THE ASSOCIATED PRESS

Here's some good news in the wake of Japan's disaster: A new study says big earthquakes don't set off other dangerous ones around the globe.

Big quakes do trigger local aftershocks, but researchers found no sign of setting off moderate-sized events beyond about 950 kilometres away.

That won't surprise most experts, said lead study author Tom Parsons. But it's different from his prior research, which did find a global effect for setting off small quakes, said Parsons, of the U.S. Geological Survey in Menlo Park, Calif.

Parsons and Aaron Velasco of the University of Texas at El Paso reported the work online yesterday in the journal Nature Geoscience.

They looked at worldwide earthquake records for the 30 years ending in 2009. There were 205 big earthquakes, with magnitude of 7 or more, and 25,222 moderate ones with magnitudes between 5 and 7.

While the study didn't look at whether big quakes trigger other big quakes far away, the new data suggest they do not, Parsons said. Anyway, since the world averages only about seven quakes at magnitude 7 or above per year, any such effect would have been noticed already, he said. THE ASSOCIATED PRESS

What's the best advice you have received?

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Metro Minute with The Trespassers

COURTESY OF VANCOUVER PLAYHOUSE THEATRE COMPANY

▶ The Trespassers, directed by Ron Jenkins.

The Vancouver Playhouse Theatre Company presents The Trespassers tonight, a coming of age story about the dysfunctional relationship between 15-year-old Lowell and his grandfather, Hardy. Hardy is not your typical role model and Lowell is not your average teen. Hardy tries to teach his grandson about life — from showing him how to play poker to arranging his sexual initiation — much to the despair of Lowell's born-again mother. Written by Morris Panych and directed by Ron Jenkins, catch The Trespassers tonight at 8 at the Vancouver Playhouse, on the corner of Hamilton and Dunsmuir streets. For tickets, call the box office at 604-873-3311 or visit vancouverplayhouse.com.

PHYLICIA TORREVILLAS

The nation's mightiest musicians touch down in Toronto for the 40th annual Juno Awards
Bieber takes home his first Junos, while Arcade Fire secures the night's biggest prize

Junos honour best

Arcade Fire won a leading four trophies — including album of the year — while rock legend Neil Young claimed the prize for artist of the year and 17-year-old teen-pop titan Justin Bieber won the first two Juno Awards of his career at a 40th-anniversary bash yesterday that looked to the past as well as the future.

But the news wasn't as good for 24-year-old rapper Drake, who hosted the hometown hullabaloo with energetic panache and entered the weekend with a leading six nominations, but wound up heading home empty-handed.

Arcade Fire — the fiercely independent Montreal rockers whose cerebral orchestral rock has helped them build a devoted following — stunned the music world six weeks ago by claiming the award for album of the year at the Grammys.

Unfortunately for millions of his tween devotees watching at home, Bieber — the platinum-selling, pint-sized pop crooner from Stratford, Ont. — couldn't appear in person to collect his first two Juno trophies due to a scheduling demand overseas.

His fresh face — ratings gold for CTV, of course — still surfaced several times during the two-and-a-half-hour broadcast, however, as he accepted his awards via video messages.

"I want to thank everybody so much for believing in me," said Bieber, captured onstage in an empty arena.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Rap star Drake serves as host of the Juno Awards last night in Toronto.

While Drake might have been disappointed by his award take, he put in a solid appearance as host, showcasing his comedic timing with an admirable performance as the straight man in entertaining skits with CTV news anchor Lloyd Robertson and Bieber.

"You, my friend, have the voice of a young rabbi," Drake told Bieber.

The evening's other trophy, new artist of the year, went to London, Ont., singer/songwriter Meaghan Smith — and if there was an award for the most gobsmacked winner, she would have taken that, too.

The 40th-anniversary celebration of the Junos — which began on Feb. 23, 1970, as an informal, non-televised dinner gala in Toronto and has evolved into a glitzy broadcast bonanza — promised to celebrate Canadian music's storied past as well as its future.

THE CANADIAN PRESS

2 scene

Box office

Diary of a Wimpy Kid: Rodrick Rules, debuted at No. 1 according to studio estimates yesterday.
THE ASSOCIATED PRESS

For more coverage of the Juno Awards, scan this code or visit metronews.ca/scene

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LiLo drops the Lohan

Lindsay Lohan will no longer be a Lohan, according to her mother, Dina Lohan. "Lindsay is dropping the Lohan and just going by Lindsay," Dina tells Popeater.

"Plus, me and (younger daughter) Ali will be officially changing our last names back to my maiden name, Sullivan." METRO

Reese walks the aisle

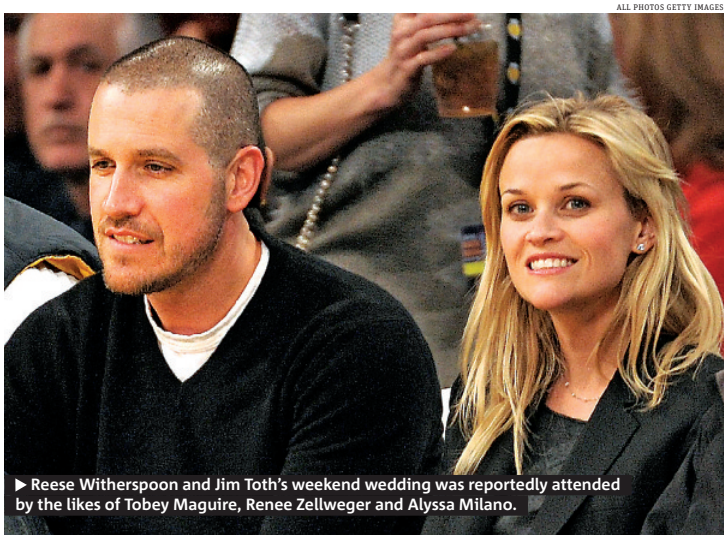
Actress weds agent Jim Toth in private ceremony

As predicted, Reese Witherspoon and fiancé Jim Toth tied the knot over the weekend at her Ojai, Calif., ranch, according to Us Weekly.

The small ceremony was reportedly performed in front of 120 guests, including Tobey Maguire, Renee Zellweger and Alyssa Milano, and Witherspoon's two children with ex-husband Ryan Phillippe were part of the ceremony.

The pair were engaged in December when Toth bought Witherspoon a $250,000 engagement ring. METRO

ALL PHOTOS GETTY IMAGES



▶ Reese Witherspoon and Jim Toth's weekend wedding was reportedly attended by the likes of Tobey Maguire, Renee Zellweger and Alyssa Milano.

Celebrity tweets

Sarah Silverman [@SarahKSilverman] Your middle-aged pierced ear tells a different story than you think.

Frankie Muniz [@frankiemuniz] Went golfing... need more practice. PGA Tour here I come... METRO

No breakup blues for Zellweger

Any chance of Renee Zellweger and Bradley Cooper reconciling seems to be fading, as Zellweger was seen moving her things out of Cooper's home last week, according to Hollyscoop.

But she wasn't letting the task get her down.

"She seems to be handling the breakup well," a witness says. "She had a big smile on her face and a skip in her step." METRO

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▶ The video of Casey and Ritchard sparked memories for the writer of this piece.

Memoir of a bully

An online video of one teenager attacking another has sparked outrage
But it's not shocking if you remember what life was like as a teen

SAM D'AMATO
LIFE@METRONEWS.CA

The video is shot on a cell phone. In it, a scrawny teenager approaches a fat kid, and punches him in the face. The fat kid doesn't move — he just stands there. Then he's punched again. "Wow," says the giggly teen who's filming. "This is getting sad, bro."

A second later, the fat kid dives after the little one, picks him up, body slams him onto the concrete — wham! — and walks away. The little kid tries to stand. He limps as if he has brain damage. He falls down. The teen who's filming laughs again — this time from fear.

Asked later, the "fat kid," Casey Heynes, an Australian 10th-grader, says he "snapped" and has been bullied all his life. (The 7th grader, Ritchard Gale, walked away with a scratched knee.) Casey has had suicidal thoughts.

Kids, full of hormones, are bound to fight. But perhaps if parents shared more of their own childhood experience, teens would understand their feelings better. I'll start.

As a young teenager, I was an extremely shy person of below-average height, with glasses, neither popular nor the school nerd (although being in the all boy's chorus didn't help my social status). I had anger over my parents' divorce, but otherwise was even-tempered, kind and dutiful in school.

Someone in the all-girls' chorus liked me. Elise was nice but six inches taller, 50 pounds overweight and had bad skin. After smiling my way for weeks, she sent me a love note.

I never replied. Instead, with the urging of a buddy, I bought a canister of Slim-Fast, the weight-loss powder. I gift-wrapped it. And with the note "From Sam," I had it delivered via one of her girlfriends. Standing 30 feet away, in an outdoor school hallway, I watched as she opened it.

Her friends reacted first, gasping and looking for someone to kill. But she smiled my way. It was a weak smile. I looked down. I never apologized. We never spoke again.

I had punched Elise in the face. And although no one had a cell phone camera to capture it, I'll never forget her look. In that instant, I saw the "fat kid" for what she was: a person.

P.S. I got my comeuppance: Three years later, a bully punched me in the face because I didn't love heavy metal enough. He ran away when he saw my bloody nose. Don't you miss being a teen?

THREE MOMS ON ...

... LETTING DAD HANG OUT WITH HIS FRIENDS. DO THEY LET THEIR HUSBANDS GET AWAY? HOW OFTEN?

THE HIPPIE MOM
Lili Meier
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Everyone needs to chill — especially parents! I'm totally supportive of hubby going out with his friends. The happier individuals are with themselves, the better parents they'll be. If people feel "stuck" at home, resentment can develop.

THE HIGH-POWERED WORKING MOM
Avis Jones-DeWeever
Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

As someone who is now happily divorced, I will admit that my ex-husband's frequent and late night socializing presented a serious detriment to our marriage. I'm not one of those who believes that marriage marks the end to individuality. But finding "fun" time for friends and not for one's spouse is a recipe for disaster.

THE STAY-AT-HOME MOM
Samantha Mellen
Two boys: Lucas, 2, and Joshua, 4 months

My husband is busy with work, school and family. But personal time for him is very important. Occasionally, after the kids are in bed, my husband likes to get a beer with his buddies. I actually wish he could get out more with his friends, but there never seems to be enough hours in the day!

3 life

Allergies

4%

• Four per cent of first-born children have allergies, as opposed to three and a half per cent of second-borns and 2.6 per cent of third-borns, according to the pediatrics department at Shiga Medical Center for Children in Kyoto University, Japan.

Researchers say the mothers develop more anti-bodies in the womb during each pregnancy.

METRO WORLD NEWS

Is Gandhi in hell? Pastor challenges familiar notions about Christian eternity.

Eggplant, zucchini & plum tomatoes — oh my!

This Mixed Vegetable Fusilli allows for many ingredient variations

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Small portions of this Mixed Vegetable Fusilli are perfect for a first course but the dish has enough vegetables to satisfy your family as an entrée.

Preparation:

1. Slice eggplant into thin slices; stack and cut into matchstick size pieces. Cut zucchini into matchstick-size pieces.
2. In skillet, heat oil over medium-high heat. Add eggplant and cook, stirring, for about 6 minutes. Add stock and bring to a boil. Add zucchini, tomatoes and garlic; cook, stirring, for about 10 minutes or until zucchini and eggplant are tender but firm and sauce is thickened. Add salt and pepper.
3. Meanwhile, in pot of boiling salted water, cook fusilli for 10 minutes or until tender but firm. Drain and return to pot. Add sauce and cheese; toss to coat. **Variation**: Try using carrots, broccoli, cherry tomatoes or other favourite vegetables to make up your own vegetable creation.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOK.CA

ISTOCK

▶ This recipe makes four servings.

Ingredients:

- 1 small eggplant
- 2 small zucchini
- 2 tbsp (25 mL) olive oil
- 1 cup (250 mL) vegetable stock
- 4 plum tomatoes, chopped
- 2 cloves garlic, minced
- 1/4 tsp (1 mL) each salt and freshly ground black pepper
- 1 box (375 g) whole wheat fusilli pasta
- 1/4 cup (50 mL) freshly grated Parmigiano-Reggiano cheese

Polenta with Sausage & Rapini

Polenta is the Italian name given to cornmeal when it is cooked as a soft, almost porridge-like, dish. The cornmeal is cooked to become smooth and thick then topped with garlic, rapini and sausage.

Preparation:

1. In a skillet bring water to boil. Add rapini, cover and steam for 7 minutes or until tender. Drain well and set aside.
2. Return skillet to medium heat and add oil. Cook sausage, breaking up with spoon for about 6 minutes . Add rapini, garlic, hot pepper flakes and salt. Cook for 5 minutes or until beginning to turn golden.
3. **Polenta**: In large saucepan, bring stock to boil and gradually whisk in cornmeal. Bring to a gentle simmer, stirring frequently for about 12 minutes or until polenta mounds on spoon. Stir in water to loosen slightly and stir in cheese and parsley until cheese is melted.
4. Spoon polenta into shallow soup bowls and top with rapini and sausage mixture.

EMILY RICHARDS

Ingredients:

- 1 bunch rapini, trimmed and coarsely chopped
- 1 cup (250 mL) water
- 2 tbsp (25 mL) extra virgin olive oil
- 2 Italian sausages, casings removed
- 4 cloves garlic, minced
- 1/4 tsp (1 mL) hot pepper flakes
- 1/4 tsp (1 mL) salt

Polenta

- 4 cups (1 L) low sodium chicken stock
- 1 cup (250 mL) cornmeal
- 1/2 cup (125 mL) water
- 1/3 cup (75 mL) freshly grated Parmesan cheese
- 2 tbsp (25 mL) chopped fresh Italian parsley

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THE HEAVY PRICE OF BUYING MILK

What is better to buy: milk in waxed cartons or plastic jugs? *Kevin of Calgary*

Possibly none of the above. Walk the dairy aisle of your grocery store and you'll see milk packaged in waxed cartons, plastic jugs and glass bottles. To help you choose the most environmentally friendly option, we delve into the packaging. And wouldn't you know that for Albertans, milk packaging makes up one of the largest beverage-container waste streams in the province?

Glass bottles are the best option because they can be sterilized easily and reused. Their high deposit fee — about a dollar — also increases the likelihood that they will make it back to the store. When consumers return their bottles, the energy required to sterilize and refill them is far less than what's required to make a new paper milk carton. If you can find milk in glass, this is your best option.

HANDOUT

▶ Milk brings with it a hefty price.

The paper milk carton, or polycoated gable-top cartons, are made from virgin paperboard. But buyer beware: They are not always accepted in municipal curbside recycling programs. Check the accepted items for your city or look into drop-off depots to ensure cartons get recycled and pulped into new paper products like tissues.

Put simply, reuse comes before recycle, making glass the top choice. Torn between plastic and paper? Consider this: if you go through a lot of milk, choose one four-litre plastic jug to buying two two-litre paper cartons — reduce is the first "r" after all. And be sure to keep both plastic and paper milk containers out of the landfill. Always recycle.

David Suzuki Foundation

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▶ Sherry Abbott is the Executive Director of the Canadian Cosmetic, Toiletry and Fragrance Association, and a 21-year cancer survivor. April is Cancer Awareness Month.

CANCER IS A BATTLE THAT CAN BE WON

Turning Point

TERESA KRUZE
LIFE@METRONEWS.CA

The doctor walked into her room and stared at the floor. "You have three months to live and we doubt you'll see the New Year."

Sherry Abbott was only 30 years old and in the days that followed her shock gave way to a steely resolve as she told the doctors, "How dare you give up on me when I haven't given up on myself?"

Abbott endured six months of chemo, radiation and numerous surgeries and defied the doctor's grim prognosis. Now, 21 years later, she continues to inspire and empower other people who have been told they have cancer.

"I feel like I have been given my calling," Abbott says from behind the desk of her office at Look Good Feel Better, a program designed to support and help women during the tough days of cancer recovery.

We face so many turning points in our lives and career but never doubt the resilience of the human spirit.

April is Cancer Awareness Month. Support cancer research and force a turning point for a cure and prevention for the disease that will claim the lives of one in four Canadians.

Sherry Abbott is living proof that cancer can be beaten.

What can you do?

- Join the "I Fight Cancer" movement at fightback.ca.
- Check out online support at facingcancer.ca.
- Take part in daffodil month activities.
- Wear the new daffodil pin to show support for those living with cancer.

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- Recent college graduates and graduate students are also eligible.

2. Benefits: Monthly stipend (KWR1,500,000), round-trip airfare, accommodation, cultural experiences and more.

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Yes, cover letters still do matter

While employers likely won't read your entire cover letter, it still holds value

DREW HINSHAW
LIFE@METRONEWS.CA
METRO WORLD NEWS

ISTOCK PHOTO

▶ If you think a résumé cover letter is as old-school as a typewriter, think again.

It might be the most important letter — that no one reads — that you ever write.

In the smartphone century, when job applications are often combed by automated software, and nobody has the time to read anything longer than a preposition, the question of how to compose the perfect cover letter feels like a zen riddle: Why not just nail it to a tree crashing in an empty woods?

Yet the one-page document's value endures, career counsellors insist.

"There is still a role for the cover letter, but it is increasingly shorter and shorter," President Louise Fletcher of Blue Sky Resume says.

"Two, maybe three paragraphs is the norm."

Don't expect the audience to make it to paragraph number two.

"Lots of people don't," Fletcher adds. "They look at the cover letter's first sentence to see what job you're applying for, then go right for the résumé."

Spend Time On It

That said, you'd be foolhardy to drum up a unproofed cover letter, or worse, send out the same generic script for whatever position you put in for.

"Always custom tailor it," Internet job hunting expert Margaret Riley Dikel says, even if you're completely sure it will languish at the unread bottom of an inbox.

"Some people will look closely at the letter and if it isn't personalized and didn't specifically address the details of the job, they'll ignore the résumé," she continues.

"Write the best introduction so that people who skip it will be fine, but people who read it will get your full story."

Put Their Words in Your Letter

Don't be afraid to re-write the ad, Dikel urges.

"They actually want to see the same words they used in the post," she explains. "This is the first cut for human resources. Do your qualifications match those of the position?"

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4 sports

Canucks topple record for wins

Higgins gets first goals for Vancouver since being acquired at deadline

PAUL VERNON/THE ASSOCIATED PRESS

▶ Canucks goalie Cory Schneider stops a shot in front of Blue Jacket Derek Dorsett yesterday.

The best teams find ways to win. The Vancouver Canucks did just that to reach another milestone during their record-setting season.

Chris Higgins had a two goals and an assist and the Canucks, despite being outshot and out chanced, beat the Columbus Blue Jackets 4-1 yesterday to reach 50 victories for the first time in their 40-year history.

4	1
CANUCKS	JACKETS

Canucks backup Cory Schneider made 39 saves to improve to 15-3-2 and help the NHL-leading Canucks add to their franchise-best points total (109) and run their road winning streak to eight, matching the club record set in early 2004.

"Teams are obviously getting themselves prepared for us," coach Alain Vigneault said. "I thought Columbus, tonight, played real strong. At the end of the night, our goaltender was better than their goaltender and we won the game."

Christian Ehrhoff and Henrik Sedin also scored for Vancouver. Mason Raymond added three assists and Ryan Kesler had two. The Canucks have won 10-of-11 overall and seven in a row against Columbus.

"There's going to be games like this during the season when you're not feeling your best," Sedin said. "I think tonight we had 20 guys that weren't at their best."

THE ASSOCIATED PRESS

TONY GUTIERREZ/THE ASSOCIATED PRESS

Virginia Commonwealth celebrates yesterday.

Underdog Rams Final Four bound

Move over, Butler. Virginia Commonwealth is crashing the Final Four.

The 11th-seeded Rams are heading to Houston, and final No. 1 seed Kansas is heading home after a spectacular collapse.

Jamie Skeen scored 26 points as the Rams delivered the biggest upset of the NCAA tournament, shocking the Jayhawks 71-61 yesterday to become just the third 11th seed to ever make the Final Four.

The Rams needed five wins to go from First Four to Final Four.

THE ASSOCIATED PRESS

Crosby back on ice, but return date still not set

Pittsburgh Penguins captain Sidney Crosby spent about 45 minutes on the ice with a handful of teammates yesterday, according to the team's website.

Crosby is working his way back from a concussion, but hasn't been cleared for full practices yet. He last played on Jan. 5 against Tampa Bay.

THE CANADIAN PRESS

Quoted

"A lot of people doubted us. A lot of people really didn't think we'd be the team we are. We really pulled it together as a team, and we're back now."

SENIOR CENTRE JOSH HARRELLSON YESTERDAY AFTER HIS FOURTH-SEEDED KENTUCKY WILDCATS KNOCKED OFF THE SECOND-SEEDED NORTH CAROLINA TARHEELS TO ADVANCE TO THE NCAA FINAL FOUR.

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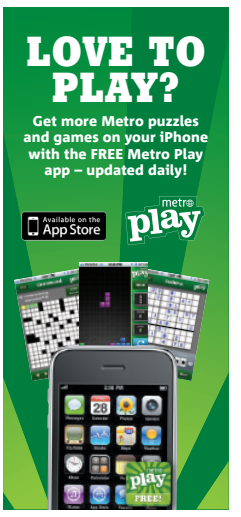
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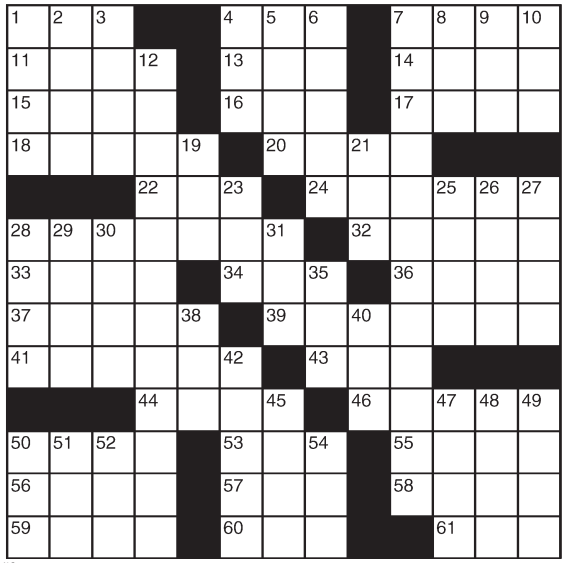
Crossword



Across

1 Puncturing tool
4 Hooter
7 Vatican VIP
11 Bloke
13 — Beta Kappa
14 Acknowledge
15 Head's opposite
16 Up to, briefly
17 — of Good Hope
18 Backpack part
20 Stare stupidly
22 Sweet potato
24 Pizza need
28 Olympic spear
32 "Strange as it seems, ..."
33 On the rocks
34 Slight touch
36 Chills and fever
37 Mercenary
39 First AFL president, Samuel
41 Purim heroine
43 Thee
44 Mormon state
46 Vestibule
50 — the Terrible
53 Bowling target
55 — En-lai
56 Platter
57 Anger
58 Island dance
59 Egyptian cross
60 Morning moisture
61 See 3-Down

Down

1 Performances
2 "Eh?"
3 Bear's hideaway
4 Choose, with "for"
5 Fillmore, for one
6 Light-purple shade
7 Was potent
8 Eggs
9 Soda
10 Ram's ma'am
12 Was guided by intuition
19 Chum
21 "—cares?"
23 Central
25 Rim
26 Insult
27 Sightseers?
28 Nonsense talk
29 Experts
30 Let it all out
31 Kvetch
35 Lad
38 Allow
40 Curly's brother
42 Fast
45 Employ
47 Dull sound of impact
48 Portrayal
49 Money of China
50 Gilbert and Sullivan princess
51 Actor Diesel
52 Request
54 Fresh

▶ Yesterday's answer

A	M	O	N	G	■	O	E	R	■	M	A	G		
W	E	B	E	R	■	R	Y	E	■	I	C	E		
E	N	V	O	I	■	D	E	V	I	A	T	E		
■	■	I	N	D	E	E	D	■	N	O	E	S		
A	H	A	■	S	L	A	■	E	L	U	D	E		
P	U	T	T	■	A	L	T	A	I	■	■	■		
T	H	E	I	S	T	■	A	R	N	E	S	S		
■	■	■	S	T	E	A	M	■	E	X	P	O		
M	O	T	H	S	■	C	P	A	■	P	A	W		
A	M	I	R	■	S	C	A	M	P	I	■	■		
R	A	D	I	A	T	E	■	B	O	A	R	D		
C	H	A	■	Y	E	S	■	E	S	T	E	E		
H	A	L	■	E	M	S	■	R	E	E	D	S		

Sudoku

		9					1	7
6		4			8	9		
		3		5				
			7	8		5		
2			1		4			3
		7		3	5			
				7		2		
		1	4			6		9
9	4					3		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	5	7	3	2	8	6	1	9
2	3	6	9	4	1	5	7	8
9	8	1	7	6	5	4	2	3
3	4	9	1	8	2	7	5	6
1	7	5	6	3	9	8	4	2
6	2	8	4	5	7	3	9	1
8	1	4	2	7	3	9	6	5
5	6	2	8	9	4	1	3	7
7	9	3	5	1	6	2	8	4

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Show some love! Send a note to somebody special at kiss@metronews.ca

My guni gugu, the love of my life. Thank you for loving me and thank you for making me a part of your life. You mean the world to me. Love you forever, **BABA**

Baby, I love you with all I have. You are the only guy for me and I know we will be together forever. You are everything I could ever need and want.You are the love of my life. Boogies Forever! Love **SARAH**

Bubybear, I lalalalove u soo hard!!! You be the man of my dreams!!! years&counting<3 M+A+12 nights of JA=love4ever!! I can"t wait babe! Xoxoxo love your **GX-OXOXOXO**

EJ, Happy 24th Birthday! I hope your year is filled of sexy times, super slices, model gf moments and tummy aching laughs. Love you to the moon and back <3 **JL**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If someone lets you down today it will take all your powers of self-control not to get annoyed, or at least not to let it show. Smile and pretend it's no big deal.

♉ Taurus April 21-May 21 Do you push ahead with something you know is going to need a lot of time, a lot of work and a lot of patience, or do you sit back and take things easy? Only you can decide but that decision must be made now.

♊ Gemini May 22-June 21 Your choice today is clear: either you forgive and forget or you see to it that someone suffers for what they have done to you. Is it really worth starting a war over? Probably not.

♋ Cancer June 22-July 22 Just because someone occupies a position of power does not mean you have to agree with what they say. At some stage today you will get the chance to speak up and you must not waste it. Be brave.

♌ Leo July 23-Aug.23 You have made no end of sacrifices for the people you love and asked for little in return. Now you must do something for yourself. Take the time you need to get your thoughts together.

♍ Virgo Aug. 24- Sept. 22 You might like to pretend that you don't really care what someone is saying about you but deep down you do. Do you take their criticism to heart? No you do not.

♎ Libra Sept. 23-Oct. 23 If self-belief really is half the battle then you are one of life's winners. You certainly don't lack for confidence but you might need a little more common sense today if you are to make the most of your chances.

♏ Scorpio Oct. 24-Nov. 22 There is no point planning too far ahead at the moment. Focus on tying up loose ends and making sure there is nothing that can hold you back or trip you up.

♐ Sagittarius Nov. 23-Dec. 21 Channel your energy into areas where you can have a positive effect on those around you. Negative emotions can be allowed no place in your life.

♑ Capricorn Dec. 22-Jan. 20 Follow your instincts and, if necessary, be ruthless in pursuit of what it is you want most from life. If achievement is what turns you on then just go for it.

♒ Aquarius Jan. 21-Feb. 18 You seem unable to decide whether to get serious about a relationship or whether to keep it at arm's length. You will have to decide one way or the other by the end of the week.

♓ Pisces Feb. 19-March 20 If your sixth sense tells you to be cautious you would be wise to heed the warning. It may be there is nothing much to worry about but you won't know for sure until later in the week. SALLY BROMPTON

Caption contest

ARIEL SCHALIT/THE ASSOCIATED PRESS

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